

SHUTTLE MENU STS-133

(Stow by Day)

STEVE LINDSEY, CDR (RED)

Meal	Days 1* & 9	Days 2 & 10	Days 3 & 11	Days 4 & 12	Days 5 & 13**
A	Granola w/ Raisins (R) Mexican Scrambled Eggs (R) Pears (I) Strawberry Breakfast Drink (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)	Oatmeal w/ Raisins (R) Breakfast Sausage Links (I) Fruit Cocktail (I) Orange Juice (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)	Granola w/ Blueberries (R)(two on day 3 only) Granola Bar (NF) Pears (I) Strawberry Breakfast Drink (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)	Fruit Cocktail (I) Breakfast Sausage Links (I) Breakfast Roll (FF) Tortilla (FF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x3 Earl Grey Tea w/ Sugar (FF)	Pears (I)(two on day 5 only) Mocha Yogurt (I) Granola w/ Blueberries (R) Chocolate Breakfast Drink (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)
B	Cheddar Cheese Spread (I) x2 Tortilla (FF) x2 Fuji Apple (FF) Butter Cookies (NF) Cashews (NF) Gum (FF) Clif Bar, Cool Choc. Mint (NF) Tea w/ Sugar (B) x2	Dried Beef (IM) Fuji Apple (FF) Tortilla (FF) x2 Cashews (NF) Tapioca Pudding (I) Clif Bar, Blueberry Crisp (NF) Tea w/ Sugar (B) x2	Cheddar Cheese Spread (I) x2 Tortilla (FF) x2 Fuji Apple (FF)(day 3 only) Brownie (NF) Gum (FF) Clif Bar, Peanut Toffee Buzz (NF) Tea w/ Sugar (B) x2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) x2 Trail Mix (IM) Tropical Fruit Salad (I) Granola Bar (NF) Tea w/ Sugar (B) x2	Cheddar Cheese Spread (I) Tortilla (FF) x2 Fuji Apple (FF) Dove Miniatures (FF) Butter Cookies (NF) Gum (FF) Tea w/ Sugar (B) x2
C	Cream of Mushroom Soup (R) Grilled Pork Chop (I) Mashed Potatoes (R) Tortilla (FF) x2 Brownie (NF) Dove Miniatures (FF) Strawberry Drink (B)	Shrimp Cocktail (R) Beef Tips w/ Mushrooms (I) Macaroni & Cheese (R) Chocolate Pudding (I) Chocolate Pudding Cake (I) Dove Miniatures (FF) Apple Cider (B)	Cream of Mushroom Soup (R) Chicken Fajita (I) Macaroni & Cheese (R) Tortilla (FF) x2 Butterscotch Pudding (I) Orange-Mango Drink (B)	Shrimp Cocktail (R) Teriyaki Chicken (R) Cheese Tortellini (I) Tortilla (FF) x2 Clif Bar, Cool Choc. Mint (NF) Dove Miniatures (FF) Peach-Apricot Drink (B)	Beef Enchiladas (I) Mashed Potatoes (R) Broccoli au Gratin (R) Clif Bar, Blueberry Crisp (NF) Chocolate Pudding (I) Apple Cider (B)

◇ Day 8 will be stowed in the fresh food locker

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

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Day 6	Meal	Day 7	Day 8 ♦
Peaches (I) Breakfast Roll (FF) x2 Oatmeal w/ Raisins (R) Cocoa (B) x2 Orange Juice (B) x2 Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF) x2	A	Fruit Cocktail (I) Granola w/ Raisins (R) Breakfast Sausage Links (I) Tortilla (FF) x2 Vanilla Breakfast Drink (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)	NO MEAL
Dried Beef (IM) Tortilla (FF) x2 Brownie (NF) Trail Mix (IM) Cashews (NF) Clif Bar, Peanut Toffee Buzz (NF) Tea w/ Sugar (B) x2	B	Cheddar Cheese Spread (I) x2 Tortilla (FF) x2 Tropical Fruit Salad (I) Butterscotch Pudding (I) Clif Bar, Cool Choc. Mint (NF) Gum (FF) Tea w/ Sugar (B) x2	Peanut Butter (FF) Grape Jelly (FF) Tortilla (FF) x2 Trail Mix (FF) Fuji Apple (FF) Brownie (FF) Clif Bar, Blueberry Crisp (NF) Tea w/ Sugar (FF) x2
Shrimp Cocktail (R) Teriyaki Beef Steak (I) Baked Beans (I) Chocolate Pudding Cake (I) Dove Miniatures (FF) Orange-Mango Drink (B)	C	Cream of Mushroom Soup (R) Fiesta Chicken (I) Tortilla (FF) x2 Bread Pudding (I) Strawberry Drink (B) Orange-Mango Drink (B)	NO MEAL

